

# RISE SESSIONS

**PUBLIC SPEAKING COURSE** – In this course, students will learn how to give a public speech based on techniques and proper presentation.

**MATH COURSE** – In this course, students will be exposed to the High School's Algebra I curriculum. Specifically, students will engage in project based activities that cover the major topics and concepts that freshman usually grapple with during their first year of high school.

**COLLEGE & CAREER AWARENESS** – A student's preparation for college and a career does not start during his/her junior year in high school. It starts now! Therefore, the DYC will offer daily activities that help students understand how to be successful in high school and put themselves in a position to be accepted by the college of their choice, and have the career of their dreams. Daily activities include: Mock College Admissions, "The Price is Right" College game show, Dedham High School alumni panel, Resume Writing Workshop, and presentations from college admission representatives and local business people. A college tour to the University of Rhode Island is planned for the first week.

**ACTIVITIES** - Realizing the importance of daily physical activity and the fact that summer is supposed to be fun, students will participate in daily recreational activities. Recreational activities include swimming, basketball, soccer, wiffle-ball, outdoor bowling, bocce, and leadership games. On selected dates, the DYC will offer optional afternoon trips to the beach and local state parks for some summer fun. A night out for ice cream and a karaoke barbecue is planned as well. And of course, our annual field trip to Gunstock, NH, for a fun filled day of zip-lining, canoeing, mountain biking, and team building exercises will be offered again.

**SOCIAL/EMOTIONAL** Workshops ("Healthy Habits") – Life as a first year high school student can present many social/emotional challenges and issues. To better prepare students on how to handle these challenges and issues, the DYC will offer workshops on the myriad of issues high school student encounter on a daily basis. Workshop topics include the following: Bullying/Cyberbullying, Social Media Use vs. Misuse, Healthy Self Image/Self Esteem, Healthy Relationships, Peer Pressure/Decision Making Skills, Nutrition, and Alcohol and Drug Prevention.

## PROGRAM INFORMATION

**LOCATION:** RISE will be located at Dedham High School.

**STUDENTS:** This summer program is designed for students entering Grade 9 in the fall of 2016.

**MATERIALS:** Students will be provided with all necessary materials.

**GENERAL INFORMATION:**

- A nutritious snack and beverage will be provided daily.
- Sneakers will be needed for recreational activities.
- RISE enrollment is limited to 40 students. Register now!

# RISE

The Dedham Youth Commission is dedicated to providing social, educational, recreational and health programs to the young people of Dedham. Therefore, the Dedham Youth Commission is proud to present the RISE program. RISE is a two-week summer program designed to prepare rising 9<sup>th</sup> graders academically and socially for high school, college and careers. Daily sessions will include a Math Course, College & Career Awareness Activities, Healthy Habits Workshops and Recreational Activities. All of these sessions will be engaging and exciting for the students, as they will be led by the enthusiastic and energizing staff of the DYC. Students will work individually and in small and large groups.

## MEET THE STAFF

**Robert Blaney** serves as the Director of the Dedham Youth Commission. He earned his Bachelor's Degree in English from Bowdoin College and his Master's Degree in Educational Administration from UMass Boston. He loves helping students reach their full potential. For over 10 years, Robert served as the Director of UMass Boston's Upward Bound, a year round college preparatory program for Boston public school students.



**Greg Cabral** serves as the Youth Coordinator of the DYC. He was born and raised in Dedham and is an alum of Dedham middle school and high school. He earned his Bachelor's Degree in Sociology from Curry College and has served as Dedham's Youth Coordinator for 10 years. Greg also has a passion for community development and student success, as he has previously coordinated programs for Dedham's Park & Recreation department and the YMCA.

**Angela Osei-Mensah**, LICSW serves as the Youth Services Counselor at the DYC. She earned her Bachelor's degree in Psychology at the University of Massachusetts at Amherst and her Master of Social Work degree from Boston University. Angela holds experience working with children, teens, and families in the public school setting, clinic, hospital, and juvenile justice system. She is glad to be here in Dedham and is very excited to work with the youth and families represented in the town.

# RISE REGISTRATION

Student Name

Address

Home Phone Number

Cell Phone Number

Student Email

Parent/Guardian Email

Emergency Contact Name

Emergency Phone Number

Any Medical Issues (attach a sheet if more space is needed)

**WAIVER:** I understand and accept the condition that the summer program, or anyone associated with this program, is not responsible for any accidents that occur. Students/guardians are held accountable for any medical or dental expenses incurred as a result of participation in this program. In case of student illness, parents/guardians will be notified (using emergency contact information). 911 will be notified in case of an emergency. Note: There will not be a nurse on duty during RISE.

Parent/Guardian Signature

Parent/Guardian Name Printed

**PLEASE RETURN THIS FORM TO:**

**Dedham Youth Commission, 140 Whiting Avenue, Dedham MA 02026**

For more information contact:  
Robert Blaney or Greg Cabral at 781 751 9190  
Or email [Rblaney@dedham-ma.gov](mailto:Rblaney@dedham-ma.gov)

RISE is a program brought to you  
by the Dedham Youth Commission

## The Dedham Youth Commission Presents

# RISE

College & Career Awareness

Public Speaking & Math  
Courses

Healthy Habits Workshops

Recreational Activities

RISE is a two-week summer program designed to prepare rising 9<sup>th</sup> graders academically and socially for high school, college and careers.

**DATES:**  
August 8<sup>th</sup> thru 19<sup>th</sup>  
(Monday thru Friday)  
**TIME:**  
9:00 A.M to 1:00 PM

Optional fun field trips  
will take place on  
Wednesdays from 1-3pm

RISE team 2012  
strike a pose after  
a fun day at  
Gunstock, NH.



**Deadline is April 25<sup>th</sup> FREE PROGRAM!**